



# Moccasin Trail

T S I O T H O H R K O : W A / J A N U A R Y 2 0 2 2

## Points of Interest:

- December Coloring Contest Winners
- Legal Aid with Linda L. January Dates
- White Chili Chicken Recipe
- No January Craft Class
- Medical Supplies Available
- Christmas Crafts



## Community Notice

Due to the increase in COVID infections and out of concern for the safety of our clients and staff, the SRMT Office for the Aging will NOT be offering Congregate or Grab and Go meals from Wednesday, December 29<sup>th</sup>, 2021 to Friday January 7<sup>th</sup>, 2022. We are planning to resume congregate and Grab and Go meals on Monday, January 10, 2022 at the regular times. Bingo and Exercise Classes are also cancelled and will resume on January 10<sup>th</sup>, 2022. Home Delivered meals are not affected and clients will receive their meal delivery as usual. Please continue to practice COVID precautions and get your COVID booster. Contact the Office for the Aging at 518 358 2963 for more information.

Nia:wen, Lora Lee La France- Director



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**We will be Closed on:**

**Monday, January 17th: Martin Luther King Day**  
**Friday, January 28th: Planning Meeting**





# Saint Regis Mohawk Senior Citizens Club



## Club Dues for 2022

Please renew to receive your Moccasin Trail newsletter in the mail.

You can mail in your membership fee of \$5.00 American to:  
PO Box 1106  
Hogansburg, NY  
13655

Addressed to: SRM Senior Citizens Club

If you do mail in your dues, please include a self-addressed stamped envelope so we can send your membership card and receipt.

## Congratulations our New Officers!

President: Millie Cook  
Vice President: Iris Herne  
Secretary: Brenda LaFrance  
Treasurer: Giselle Cook

### Senior Club Meeting

Wednesday, January 12th at 10:00 a.m.  
In the Senior center Sunroom

Our sincere condolences to the families of late club members TJ Jock and Roger Caldwell.



## Decemer Coloring Contest Winners

Congratulations Dolores Ransom and Dorothy Cole on winning our December coloring contest! Our next contest will be from Jan. 10th to Wed. January 19th. Please hand in by 11:00 a.m. If you need it to be picked up please call Katie or Joy.



Our sincere condolences to the family and friends of Roger "Doogie" Caldwell. His presence, love and kindness will forever be with us. Always loved and never forgotten.

# Celebrate the Holidays Safely

## Take steps to prevent the spread of COVID-19.

The Saint Regis Mohawk Tribe share the importance of the holiday season for families, children, and others. In response to large number of active COVID-19 cases however, they are asking community members to please stay healthy by keeping the following safety tips in mind:

### **GENERAL ADVISORY:**

- **STAY IN YOUR BUBBLE:** Limit gatherings to individuals in your immediate bubble.
- **WEAR A MASK:** Wear a properly fitted mask that covers your nose and mouth in all public indoor spaces to help protect yourself and others.
- **SOCIAL DISTANCE:** Stay 6 feet from others who don't live with you.
- **GATHERING SPACES:** Avoid crowds and poorly ventilated indoor spaces.
- **WASH HANDS:** Wash your hands often with soap and warm water and/or use hand sanitizer if soap and water not available.
- **STAY HOME WHEN SICK:** Avoid visiting others and traveling if you are not feeling well.
- **GET TESTED:** Get tested if you are symptomatic (showing symptoms)
- **IF YOU ARE EXPOSED:** Quarantine and get tested at least 7 days following a suspected exposure.

During the past month, Saint Regis Mohawk Health Services has distributed COVID-19 Home Test Kits to community members at no cost. Individuals received either the BinaxNow COVID-19 Antigen Self Kit or the QuickVue At-Home OTC COVID-19 Test. Health Services is kindly reminding individuals, that the COVID-19 Home Test Kit should only be used if you are symptomatic (displaying symptoms). They should NOT be used for the purpose of attending a gathering or celebration.

Please read the full instructions prior to use and DO NOT leave them in vehicles, as cold temperatures will affect the accuracy of test results. Also, please retain the test kit, as positive results will require the lot number listed on the package. Public health will also need to know the date test was taken.

If you test positive during the holiday closures, please isolate at home away from others and notify Franklin County Public Health at (518) 521-4877 or St. Lawrence County Public Health at (315) 386-2325. It is important that you please self-report your positive results to track transmissions and prevent any further community spread of the virus. Your cooperation is greatly appreciated! MCA's Dept. of Health recommends that those in their jurisdiction who test positive call the Cornwall COVID-19 Assessment Centre for a PCR test. They can be reached at 343-475-0160. There is no age requirement. MCA's testing site will reopen on January 3, 2022. If negative and still symptomatic, please stay home and isolate, wear a mask, and administer a second test 24 to 36 hours after the initial test.

At your earliest opportunity, both entities encourage you to protect yourself, your family, and those you love by getting vaccinated with either the Pfizer or Moderna COVID-19 vaccine. For those 18 years old and more, please get your booster dose if you are six months from your first two doses. The vaccines have been proven safe and effective at preventing severe symptoms, which could result in hospitalization or death.

Saint Regis Mohawk Health Services is holding an Open Walk-in Vaccine Clinic on Wednesday, December 29th from 12:00 p.m. to 4:00 p.m. at the former-IGA Building, located at 850 State Route 37. Individuals 12-years old or more can attend to receive either the Pfizer or Moderna vaccines. To schedule an appointment for MCA's next vaccination clinics, please contact 613-575-2341 Ext. 3220.

# Akwesasne Scam Callers



A local resident received a call from 1-888-382-1222 and was threatened that her grandson was in trouble and she needed to pay his bill. She felt obligated but it sounded a little fishy so she called Matt Rourke, Chief of Police and he confirmed that it was a scam. Matt called the number and they were very unprofessional and obviously not a real company and he reported the number and asked for her to be put on a do not call list.

Scammers are very smart in investigating who they are calling. They can find out your relatives names and get a lot of information from obituary postings. It is important to not give them any type of personal information or credit card numbers and to call the Saint Regis Mohawk Tribal Police at (518) 358-9200 and report your interaction. The scammers make very empty but intimidating threats for example a warrant for your or someone you love's arrest and go as big to say that law enforcement is on their way to your house to collect. Remember that the Saint Regis Mohawk Police and the Akwesasne Mohawk Police have jurisdiction in our territory.

They will also call disguised as a customer service representative. These days actual customer service does not reach out to you, they put their phone number on the receipt for you to call or visit their website to complain or rate your experience in their store.

A new thing that scammers are asking for is gift cards from Walmart! After the threats they say if you purchase Walmart gift cards or any kind of Visa gift card it's as good as cash to pay off your "debt". Please do not give in! No official company would ask this of you.



## Christmas Crafts!

The Activities department tried to have something fun every day for the month of December. We had supplies out for people to recycle old Christmas cards into new Christmas cards. Lily Swamp took those supplies and made a very cute Christmas picture frame to put her grandkids in for decoration.

The Craft class we were joined by Barbara Lazore, Dorothy Cole, Catherine Cook, Carol Lazore and Ernestine Oakes and Joy instructed them on how to create cute gnomes made of yarn.

So many options to make a lot of small ones to create a garland or big ones to place in a nice Christmas bouquet.

We also hosted a Christmas stocking contest and we had great participation for our first time. We took votes in the building with staff and elders and the winners were 1st– Lynn LaFrance, 2nd– Barbara Lazore, 3rd– Giselle Cook. It was a fun activity that we will definitely be doing again next year!



# Emergency HEAP Benefit

The 2021—2022 Emergency benefit will open January 3, 2022

If you are eligible, the Emergency HEAP (Home Energy Assistance Program) Benefit can help you heat your home or heat related emergency.

Emergency HEAP benefits and eligibility are based on:

- Income
- Available resources, and
- The type of emergency

You may be eligible for an emergency HEAP benefit if:

- Your electricity is necessary for your heating system or thermostat to work and is either shut-off or scheduled to be shut off or
- Your electric or natural gas heat is off or schedule to be shut-off or
- You're out of fuel, or you have less than one quarter tank of fuel oil, kerosene or propane or have less than a ten (10) day supply of wood, wood pellets, corn, or other deliverable heat source.

And

- Your income is at or below the current income guidelines or you receive Family Assistance, Safety Net Assistance, Supplemental Nutrition Assistance (SNAP) or Code A Supplemental Security Income.
- The heating and/or electric bill is in your name and
- Your household's available resources are:
  - less than \$2,000 if no member of your household is age 60 or older; or
  - less than \$3,000 if any member of your household is age 60 or older.

If you have any questions or would like to set up an appointment, please call the Saint Regis Mohawk Tribe Office for the Aging, NY Connects and HIICAP Office at (518)358-2834.

Medicare Part B: If you have Medicare Part A and have not signed up for Medicare Part B yet, General Enrollment Period (GEP) runs from January 1, 2022 to March 31, 2022. Medicare Part B covers your outpatient medical services. If you have any questions or would like to set up an appointment, please call the Saint Regis Mohawk Tribe Office for the Aging at (518)358-2834.

**NOTICE:** Due to the increase in COVID positive cases affecting our community, NY Connects and HIICAP offices will be not be scheduling any appointments during the week of January 3 to January 7, 2022. Alison Cooke and Tracy Holcomb will be available during this time by calling (518)358-2834 or by email. We will resume appointments on January 10, 2022 as long as COVID positive cases continue to decline. There will be a drop box, that will be checked daily for paperwork located near the front entrance of the Saint Regis Mohawk Tribe Office for the Aging building. Niá:wen/Thank you!



# Tsiothorko:wa/January 2022

| Tsia't'ahkhaton  | Kiokieréhnton  | Tekeníhaton  | Ahsénhaton  | Kaieríhaton  | Wískhaton  | Iahia:khaton |
|--|--|--|---|--|--|--------------|
| <b>2</b>   | <b>3</b> Hamburger with the Works<br>Sweet Potatoes<br>Parsley Carrots<br>Fresh Fruit  | <b>4</b> Tomato Macaroni Soup<br>Tuna Sandwich<br>Mix Berries  | <b>5</b> Chicken Tenders<br>Fries<br>Broccoli<br>Peaches  | <b>6</b> Frozen Meal   | <b>7</b> Frozen Meal   | <b>8</b>     |
| <b>BUILDING CLOSED TO THE PUBLIC</b><br>No Congregate meals, No Exercise class, No Bingo, No Grab-n-go meals |  |  |   |  |  |              |
| <b>9</b>   | <b>10</b> BBQ Ribs<br>Potato Salad<br>Pears<br><b>Activity:</b><br>10:00 Exercise with DVD Class<br>1:00 Bingo<br><br><i>Coloring Contest Starts</i> | <b>11</b> Chicken Noodle Soup<br>Biscuit<br>Chocolate Pudding<br>Fresh Fruit<br><b>Activity:</b><br>10:00 Chair Yoga | <b>12</b> Fish on a Bun<br>Coleslaw<br>Sweet Potato Fries<br>Cookie<br>Fresh Fruit<br><b>Activity:</b><br>10:00 Exercise DVD<br>10:00 Senior Club Meeting | <b>13</b> Chicken Parmesan<br>Tossed Salad<br>Garlic Bread<br>Fruit Cocktail<br><b>Activity:</b><br>10:00 Chair Yoga<br>Legal Aid: Linda L. Appointments | <b>14</b> Pancakes<br>Sausage Links<br>Scrambled Eggs<br>Hash Browns<br>Orange Juice<br>Melon Cup<br><b>Activity:</b><br>10:30 Virtual Bowling | <b>15</b>    |
| <b>16</b>  | <b>17</b><br><b>CLOSED</b>   | <b>18</b> Hamburger<br>Coleslaw  | <b>19</b> Chef Salad<br>Cheese Bread Sticks   | <b>20</b> Chili<br>Johnny Cake   | <b>21</b> Corn Soup<br>Biscuit   | <b>22</b>    |

|  |  |  |  |  |  |
|--|--|--|--|--|--|
| <p><b>CLOSED</b></p> <p><b>Martin Luther King Jr Day</b></p>  | <p>3-Bean Salad<br/>Mandarin Oranges<br/><b>Activity:</b><br/>10:00 Chair Yoga</p>   | <p>Fresh Fruit<br/><b>Activity:</b><br/>10:00 Exercise Class with DVD</p> <p>11:00 Coloring Contest Ends</p>   | <p>Applesauce<br/>Carrots &amp; Celery Sticks<br/><b>Activity:</b><br/>10:00 Chair Yoga</p>  | <p>Apple Crisp<br/><b>Activity:</b><br/>10:30 Virtual Bowling</p>  | <p>7</p>   |
| <p><b>23</b></p>   | <p><b>24</b> Spaghetti with Sausage<br/>Italian Bread<br/>Tapioca Pudding<br/>Carrot &amp; Celery Sticks<br/>Fresh Fruit<br/><b>Activity:</b><br/>10:00 Exercise Class with DVD<br/>1:00 Bingo</p> | <p><b>25</b> Chicken Cordon Bleu<br/>Mixed Veggies Roll<br/>Cookie<br/><b>Activity:</b><br/>10:00 Chair Yoga</p>   | <p><b>26 Birthday Meal</b><br/>Bacon Wrapped Pork Loin<br/>Broccoli &amp; Cauliflower, Roll<br/>German Apple Cake<br/><b>Activity:</b><br/>10:00 Exercise Class with DVD</p> | <p><b>27</b> Salisbury Steak<br/>Rice<br/>Mixed Vegetables Roll<br/>Peaches<br/><b>Activity:</b><br/>10:00 Chair Yoga<br/>Legal Aid: Linda L. Appointments</p> | <p><b>28</b><br/><b>CLOSED</b><br/><b>Planning Day</b></p>  |
| <p><b>30</b></p>    | <p><b>31</b> Chicken Cordon Bleu<br/>Mashed Potatoes<br/>Wax Beans<br/>Apple Crisp with Whip<br/><b>Activity:</b><br/>10:00 Exercise Class with DVD<br/>1:00 Bingo</p>                             | <p><b>Due to continuing supply issues, salads are no longer available as a meal alternative.</b></p> <p>Call the Center if you will not be home for your Home Delivered Meal. Or to reserve your Grab-N-Go or Congregate meal at <b>518-358-2963.</b></p> <p><b>NOTE:</b> Only 4 to a table in congregate lunch.</p> <p><b>LOCAL SHOPPING TRIPS:</b><br/>Due to our bus being out of commission, our transportation drivers are taking appointments throughout the week individually, starting at 1:00 p.m. please call Judy or Pam to make an appointment 358-2963.</p> |  |  |  |

If you have questions, feel free to contact SRMT Office for the Aging  
@ 518-385-2963 Lisa Keyes, RDN

## *Tips for Delicious and Nutritious Soup*

What's better on a cold winter day than a warm bowl of soup? Soup can be nutritious, easy to prepare, and inexpensive. It can be great hot or cold, prepared with minimal clean-up, only needs one pot, and the combination of ingredients is unlimited. January is National Soup Month. Follow these helpful tips for making soup delicious and nutritious.

Soup for every season. As appetizers, side dishes, or main dishes, soups help celebrate the bounty of the four seasons. Soups can be thick and hearty, smooth and creamy, or savory. They can be served hot, such as minestrone, or cold, such as mango and cucumber soup.

Be sodium savvy. To keep soups tasty and healthy, use low-sodium broth, stock, or soup base for the foundation. Experiment with flavorful herbs and spices in place of salt. The most effective replacements are savory flavors with "bite," such as black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander and onion. Use minced or powdered garlic and onion rather than their salt form. When substituting minced or powdered garlic and onion for the salt version, use about half as much.

Make healthier choices with Nutrition Facts Labels. When buying canned soups, use the Nutrition Facts Label to help choose ones with lower sodium levels. Foods with 140 milligrams (mg) of sodium or less per serving can be labeled as low-sodium foods. Claims such as "low in sodium" or "very low in sodium" on the front of the food label can help identify foods that contain less salt.

Cook once, eat twice. Homemade soups can be made ahead of time and in large quantities. Eat refrigerated soup within three to four days or freeze it. Don't let soup set at room temperature for more than two hours. To speed cooling, store soups in shallow containers. When serving a second time, bring to a boil.

### *White Chicken Chili*

#### **Ingredients:**

- 2 Tablespoons olive or canola oil
- 1 onion chopped
- 1 (4 ounce) can chopped green chilies, drained
- 2 (15.8 ounce) cans great northern beans (do not drain)
- 1 (14.5 ounce) can chicken broth (low sodium)
- 2 teaspoons garlic powder
- 1/2 teaspoon pepper
- 2 teaspoons ground cumin
- 1 1/2 cups cooked chicken, cubed
- 4 ounces Monterey Jack cheese, shredded



Directions: In a large saucepan, heat oil. Add onion and cook until tender. Add green chilies, beans (do not drain), chicken broth, garlic powder, pepper, ground cumin, and chicken. Bring to a boil. Reduce heat and simmer for 10 minutes or until desired thickness. Serve hot, topped with cheese.

# Extreme Weather

## Winter Preparedness

- Water: at least a 3-day supply; one gallon per person per day
- Food: at least a 3-day supply of nonperishable, easy-to-prepare food
- Flashlights: Battery-powered or hand crank radio, batteries, cell phone with charger
- First Aid Kit
- Medications: (7 day supply) Medical items (hearing aids with extra batteries, glasses, syringes, cane)
- Personal hygiene items and sanitation
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Extra Cash
- Tools/supplies for securing your home
- Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery
- Warm coats, gloves or mittens, hats, boots and extra blankets and warm clothing for all household members
- Ample alternate heating methods such as fireplace or wood or coal burning stoves

### ***On the Road***

*If traveling is necessary, before hitting the road, check your vehicle:*

- Remember to keep your gas tank full to avoid freezing water in fuel line
- Check tires and spare tires for proper inflation
- Check vehicle fluids; oil, antifreeze, windshield washing fluid

### ***Other Supplies***

- Jumper cables, ice scraper, small shovel, extra blankets, water, flashlight, batteries, sand or non-clumping cat litter, reflective warning signs

### ***Keep Updated During an Emergency***

- Getting information during an emergency situation is vital, especially at the height of the event when evacuation may be required.
- Tune your radio to CKON 97.3 to hear the status of the Senior center if we are on a delay, or if needed we would send frozen meal in preparation for inclement weather on the following day.



Winter is here; skiing, sledding, kids making snow angels & snowmen, and sharing in the holiday season. But before we explore and enjoy our winter wonderland of new fallen snow, we must take precautions and prepare to keep ourselves and our families safe and warm during these winter months.

In the past, winter storms brought extreme cold temperatures, freezing rain, snow, high winds, widespread power outages, and a combination of all of these. Many community members were left unprepared which would serve as a reminder that home preparedness is a must and should include all family members including your pets.

This quick guide is designed to help you jump start your preparedness efforts at home.

Remember safety first, not only for you but for our local first responders.

Sincerely,  
SRMT Office of Emergency  
Management and Safety



# Coping with Stress

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

## Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances



It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress.

## Healthy ways to Cope with Stress:

- Take breaks from watching, reading, or listening to news stories, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.
- Take care of your body:
  - Take deep breaths, stretch, or meditate
  - Try to eat healthy, well-balanced meals
  - Exercise regularly
  - Get plenty of sleep
  - Avoid excessive alcohol, tobacco, and substance use
  - Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider
  - Get vaccinated with COVID-19 vaccine
- Make time to unwind— Try to do some other activities you enjoy
- Connect with others— Talk with people you trust about your concerns and how you are feeling
- Connect with your community—or faith-based organizations— While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

## Helping Others Cope

Taking care of yourself can better equip you to take care of others. During times of social distancing, it is especially important to stay connected with your friends and family. Helping others cope with stress through phone calls or video chats can help you and your loved ones feel less lonely or isolated.



Please call NY Project Hope if you or someone you know can use Emotional Support at:  
**1-844-863-9314**  
 Free Confidential Helpline

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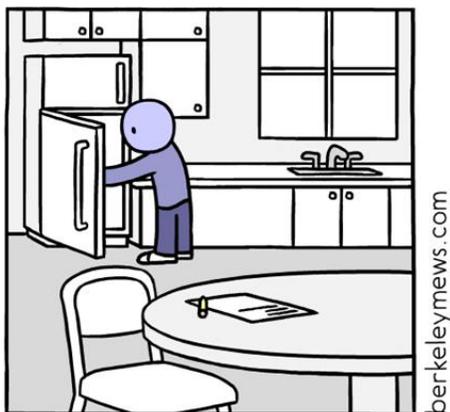
Best Wishes on your Birthday and throughout the coming year!

- 4- M. Barry Thomas
- Katsi Cook-Barreiro
- 7- Elizabeth Russell
- 10- Caroline Tarbell
- 13- Richard A. Herne
- 14- Dean Martin**
- 15- Jake LaFrance**
- 16- Marlene McGregor
- 17- Jeffra Montroy**
- Keith Edwards

- 18- Cheryl Homes
- Robin Miller**
- 19- Bessie Mitchell
- 21- Randall Cook
- Veronica Cook
- 22- Rose Reid
- J. Nancy Arquette
- 23- Karen Adams**
- 28- Lucy White
- 21- Leona Ann Benedict

- 31- Marion Parker**
- Hilda Herne
- Ernestine Oakes
- Rosalie Jacobs

**Bold are Saint Regis Mohawk Senior Club Members**



berkeleynews.com



## Legal Aid with Linda LaRue

Paralegal Linda LaRue from Canton is back taking appointments in our Sunroom. Call our Administrative Assistant Giselle to book an appointment at (518)358-2963. Linda is scheduled to be at the Senior center twice a month.

Thursday, January 13, 2021

Thursday, January 27, 2021



## Medical Supplies Available

Our senior center has a supply of donated medical supplies such as; walkers, canes, adult incontinence products, and more. If you or someone you know is in need, please call our offices at (518) 358-2963.



**St. Regis Mohawk Office for the Aging**  
**71 Margaret Terrance Memorial Way**  
**Akwesasne, NY 13655**

\*Newsletters may also be received by e-mail

**Phone: 518-358-2963**

**Fax: 518-358-3071**

**Mon-Fri: 8am to 5pm**

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 Akwesasne, NY  
 PERMIT # 4

If you are not the Addressee, please  
 notify us of our mistake.  
 To Addressee or Current Resident:

The SRMT Office for the Aging receives funding and support from the NYS Office for the Aging, Area Association on Aging, Title VI Native American Program, and the Tribal General Fund.

## Services Available Through the OFA

If the services you need are not listed, phone us and we can assist with referrals to appropriate agencies.

Visit us on our Web Page:

[www.srmt-nsn.gov/office\\_for\\_the\\_aging](http://www.srmt-nsn.gov/office_for_the_aging)

Or Facebook:

Office for the Aging Saint Regis Mohawk Senior Center

**We're Here to Serve You!**

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
- **Handyman**
- **Home Visits**
- **Health Promotion**
- **Transport Services**
- **Transportation**
- **Caregiver Support**
- **Supper Bags**
- **Breakfast Bags**
- **Congregate Meals**
- **Nutrition Counseling**
- **Nutritional Education**
- **Home Delivered Meals**
- **Referrals**
- **Weekly Shopping**
- **Craft Activities**
- **Craft Kits**
- **Socialization**
- **Information & Assist..**